

## what you need to know

*Life is hectic and eating healthy can be hard, especially when you have to follow a budget. It's hard to know when you are getting enough of the vitamins and minerals you need to be as healthy as possible. This brochure is a quick guide to the vitamins and minerals most Americans aren't getting enough of in their diet. Inside you will find some benefits each of these vitamins and minerals provide as well as foods that contain each individual nutrient.*

### Additional resources for nutrition information

[www.nal.usda.gov/fnic/](http://www.nal.usda.gov/fnic/)

[www.eatright.org](http://www.eatright.org)

[www.nutrition.org](http://www.nutrition.org)

[www.nal.usda.gov/foodborne](http://www.nal.usda.gov/foodborne)

## folic acid

### What can folic acid do for you?

- ◆ Helps with red blood cell production
- ◆ Helps with cell division
- ◆ Helps you have a healthy baby

### Where can you find folic acid?

- ◆ Lettuce
- ◆ Beans
- ◆ Poultry and pork
- ◆ Fortified grains

## vitamin C

### What can vitamin C do for you?

- ◆ Helps with wound healing
- ◆ Helps with iron absorption
- ◆ Helps have healthy gums

### Where can you find vitamin C?

- ◆ Green peppers
- ◆ Citrus fruits, strawberries, tomatoes
- ◆ Broccoli and turnips
- ◆ Sweet potatoes, white potatoes
- ◆ Cantaloupe

# Vitamins and Minerals

Are you  
missing  
out?

## zinc

### What can zinc do for you?

- ◆ Helps heal cuts
- ◆ Helps children grow
- ◆ Helps eyesight
- ◆ Helps the body stay healthy

### Where can you find zinc?

- ◆ Beef, pork, lamb
- ◆ Dark chicken meat
- ◆ Peanuts and peanut butter
- ◆ Beans, lentils, peas

## riboflavin

### What can riboflavin do for you?

- ◆ Helps digest protein and fat
- ◆ Helps body convert carbohydrates into fuel
- ◆ Helps body use B6 and folic acid

### Where can you find riboflavin?

- ◆ Leafy greens
- ◆ Nuts and beans
- ◆ Lean meat
- ◆ Eggs, dairy
- ◆ Fortified breads and cereals

## vitamin A

### What can vitamin A do for you?

- ◆ Helps with vision

### Where can you find vitamin A?

- ◆ Eggs, whole milk
- ◆ Orange fruits
- ◆ Green vegetables
- ◆ Fortified grain products

## vitamin B12

### What can B12 do for you?

- ◆ Helps make red blood cells

### Where can you find B12?

- ◆ Eggs, meat, poultry
- ◆ Milk, milk products
- ◆ Shellfish

## vitamin B6

### What can vitamin B6 do for you?

- ◆ Helps body use protein

### Where can you find vitamin B6?

- ◆ Beans and nuts
- ◆ Eggs, meat fish
- ◆ Fortified breads, cereals

## calcium

### What can calcium do for you?

- ◆ Helps build healthy teeth and bones
- ◆ Helps prevent osteoporosis

### Where can you find calcium?

- ◆ Dairy
- ◆ Leafy greens—such as kale, broccoli, collard greens
- ◆ Sardines
- ◆ Almonds and Brazil nuts
- ◆ Dried beans
- ◆ Fortified orange juice and bread